



Environment and Natural Resources Trust Fund

2021 Request for Proposal

General Information

Proposal ID: 2021-222

Proposal Title: Lake Brophy Trail Expansion

Project Manager Information

Name: Jefferson Brand

Organization: Big Ole Bike Club

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Project Basic Information

Project Summary: The first project is a downhill trail and an uphill trail. The second project is an asphalt pump track.

Funds Requested: \$100,000

Proposed Project Completion: 2021-11-30

LCCMR Funding Category: Small Projects (H)

Secondary Category: Land Acquisition for Habitat and Recreation (G)

Project Location

What is the best scale for describing where your work will take place?

Statewide

What is the best scale to describe the area impacted by your work?

Statewide

When will the work impact occur?

In the Future

Narrative

Describe the opportunity or problem your proposal seeks to address. Include any relevant background information.

- Communities with trail access tend to be healthier, wealthier and more attractive to those wishing to visit or relocate
- The existing expert downhill is the most popular trail in the park and there is demand for more trail options at the park.
- There is not a direct uphill trail with access to the existing downhill trail and the proposed downhill trail.
- With a large playground, there is a need for activities for older kids such as pump track.
- A pump track safely introduces kids to mountain biking and improves their riding skills
- There is limited trail access in west central Minnesota, consequently a demand for high quality sustainably designed trails
- Because of single track trail development, Alexandria is hosting a Minnesota High School Cycling League race on 8/29-30/2020 at Lake Brophy Park.
- Single track trails benefit trail runners, cyclists (particularly mountain bikers), and hikers. Trails are already bringing more trail users to the park and area and this is anticipated to continue with the trail expansion.

What is your proposed solution to the problem or opportunity discussed above? i.e. What are you seeking funding to do? You will be asked to expand on this in Activities and Milestones.

Frequent park use with their preschool child may support higher levels of physical activity among all residents, but particularly benefit low-income parents and reduce sedentary time for both child and parents. Single track trails produce economic benefits for communities. Accessible trails and parks also enhance the desirability of the community for residents, tourists and those looking to relocate to the area.

The first project is another expert downhill trail and an uphill trail to directly access the existing downhill trail. The existing expert downhill trail is the most popular trail at the park.

An asphalt pump track is a circular track with rolling mounds and bermed turns. It is built on flat ground. Riders can circle the track by pumping the bicycle without pedaling. An asphalt pump track will introduce biking to younger kids and improve their riding skills. A location for the pump track visible from the new playground allows for kids of all ages to enjoy the park and yet be supervised by their parents or caregivers. Besides leading to safer riding, biking is an effective form of exercise. Research suggests that overweight adolescents who bike are 85% more likely to become normal weight adults.

What are the specific project outcomes as they relate to the public purpose of protection, conservation, preservation, and enhancement of the state's natural resources?

Both parks where we have developed single track trails thereby protecting, conserving, preserving and enhancing the states natural resources have seen increased park usage.

Several team member's parents have purchased bikes and now ride with their kids on existing trails in the two parks. Big Ole Bike Club members along with the county park's employees, using a groomer purchased by Douglas County Parks to groom trails for winter biking or what is known as "fat tire" biking.

Activities and Milestones

Activity 1: The first project is another expert downhill trail and an uphill trail to directly access the existing downhill expert trail.

Activity Budget: \$100,000

Activity Description:

The additional downhill trail and the uphill trail is expected to increase the number of visitors and usage to the park as that has occurred with the addition of the trails in June, 2019. Enthusiasm around the new trails is demonstrated by a local bike shop having to add an additional mountain bike skills class after the first offering filled to capacity. The new trails have also been recognized by Impact 2019 magazine, an Echo Press publication. The multi-use single-track trails in Lake Brophy Park are accessible from the Central Lakes Trail, which runs directly through the park. The Central Lakes Trail has 107,000 annual visitors, and also runs through the Douglas County communities of Alexandria (3 miles away), Garfield (3 miles away), Brandon (9 miles away), and Osakis (14 miles away). The Lake Brophy Park Trails are visible from the Central Lakes Trail. The trails are used 2-3 times a week by the Alexandria Mountaineers, our Minnesota High School Cycling League team, a club sport at the Alexandria Area High School. The existing trails at Lake Brophy Park are predominantly “green” and “blue” with one technical or “black” downhill trail.

Activity Milestones:

Description	Completion Date
The second project is an asphalt pump track.	2021-11-30

Long-Term Implementation and Funding

Describe how the results will be implemented and how any ongoing effort will be funded. If not already addressed as part of the project, how will findings, results, and products developed be implemented after project completion? If additional work is needed, how will this be funded?

Trails will be maintained by the Douglas County Parks (DCP) and Big Ole Bike Club (BOBC). DCP have dedicated employees for trail maintenance and development. BOBC, together with our Cycling League team has volunteer days for trail building and maintenance for existing trails.

It is estimated that maintenance may be necessary every 5-6 years consisting of repairing erosion or any minor reroutes that need to be performed. Two people, professionally trained, would be able to do a mile for 800 dollars. Funding is through Douglas County Parks and Big Ole Bike Club, which has over \$50,000 for trail related expenses.

Project Manager and Organization Qualifications

Project Manager Name: Jefferson Brand

Job Title: Trail Boss, Volunteer Trail Builder, President of Big Ole Bike Club

Provide description of the project manager's qualifications to manage the proposed project.

The first project is a downhill trail and an uphill trail. The second project is an asphalt pump track. All projects will be cooperatively managed by Brad Bonk, Douglas County Parks Supervisor and Jeff Brand, Volunteer Trail Builder. The project will be competitively bid per Douglas County requirements for a project of this size. Together Brad Bonk and Jeff Brand have successfully overseen professional single track trail building at Lake Brophy Park, in spring of 2019. Together, they supervised and built with volunteers, 6 miles of single track trails at Kensington Rune Stone Park (KRP) with signage, marking, and maintenance of both Douglas County Parks with single track trails.

Brad Bonk has a long history as a parks supervisor. In Douglas County, he has managed the development of two county parks. At Lake Brophy Park, the progress included the aforementioned single track professional build, a very large playground, parking lot, a beach and soon to be coming, a visitor center. At KRP, development included road and parking lot rerouting, the above-mentioned 6 miles of single track trails and a visitor center.

Jeff Brand, MD, a Sports Medicine Fellowship trained Orthopaedist, has had leadership experience in medicine as Department of Surgery Chair and Co-Chair of multiple medical meetings and seminars. He has also served as team physician for the University of Minnesota-Morris for over 25 years and given over 80 state, national and international orthopaedic sports medicine presentations. Together with Brad, the aforementioned single track trails at Lake Brophy and KRP were developed.

Organization: Big Ole Bike Club

Organization Description:

The strength of Big Ole Bike Club (BOBC) is its membership. It is a volunteer organization with no overhead. The infrastructure- the 501(c)3 organization, website, digital communication, digital invitations for meetings-were all created by active board members. Club members also groom the winter bike trails. Big Ole Bike Club members have served as team manager, head coach, assistant head coach, and ride leaders for the Alexandria Mountaineers. With volunteer trail workers, BOBC members worked over 700 hours to build and develop professionally designed single track trails at Kensington Rune Stone Park (KRP).

Brad Bonk, Douglas County Parks Superintendent has been a great partner in our efforts to build and develop single track trails in two county parks. Douglas County Parks (DCP) funded \$10,000 for a professional trail design at KRP. They purchased a trail groomer used for winter biking. Together BOBC and DCP groom the trails at KRP for winter biking. Also, DCP has purchased a utility bike with BOBC contributing a portion. The bike will be used for trail maintenance, a task shared between BOBC and DCP. This partnership has been effective in managing the over 10 miles of trails in two parks.

Budget Summary

Category / Name	Subcategory or Type	Description	Purpose	Gen. Ineligible	% Benefits	# FTE	Classified Staff?	\$ Amount
Personnel								
							Sub Total	-
Contracts and Services								
TBD. Douglas County will award a contract for the trails project	Professional or Technical Service Contract	The first project is a downhill trail and an uphill trail. The second project is an asphalt pump track.				0		\$100,000
							Sub Total	\$100,000
Equipment, Tools, and Supplies								
							Sub Total	-
Capital Expenditures								
							Sub Total	-
Acquisitions and Stewardship								
							Sub Total	-
Travel In Minnesota								
							Sub Total	-
Travel Outside Minnesota								
							Sub Total	-

Printing and Publication								
							Sub Total	-
Other Expenses								
							Sub Total	-
							Grand Total	\$100,000

Classified Staff or Generally Ineligible Expenses

Category/Name	Subcategory or Type	Description	Justification Ineligible Expense or Classified Staff Request
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Non ENRTF Funds

Category	Specific Source	Use	Status	Amount
State				
			State Sub Total	-
Non-State				
			Non State Sub Total	-
			Funds Total	-

Attachments

Required Attachments

Visual Component

File: [373fb341-02f.pdf](#)

Alternate Text for Visual Component

- A Project Site Map of Lake Brophy Park
- o The Uphill trail is marked in yellow/black as is the proposed downhill trail. The asphalt pump track is in yellow/black and in the lower right of the map. The existing trails are marked in green/black.

Optional Attachments

Support Letter or Other

Title	File
Jake Capstrant, Jake's Bikes, Local bike shop	12ef5952-d8f.docx
o Bryan Swenson, Winter bikes and Minnesota High School Cycling League team	ffa2dabf-5b7.docx
o Tara Bitzan, Alexandria Chamber of Commerce	e10c194f-aa4.docx

Administrative Use

Does your project include restoration or acquisition of land rights?

No

Does your project have patent, royalties, or revenue potential?

No

Does your project include research?

No

Does the organization have a fiscal agent for this project?

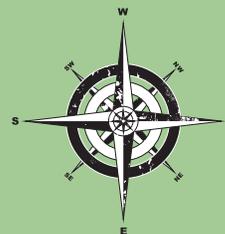
No

Centennial Dr NW

Brophy Lake Park Single Track Trail System

LEGEND

-  Green
-  Yellow
-  Central Lakes Bike Trail



Brophy Landing NW

Skills Course

Uphill Trail

Downhill Trail

Lake Brophy Park Entrance

Pump Track

wet lands

Lake Brophy



